

Sport and health tent camp (2021)

We invite you to spend a wonderful vacation in the Altai Mountains in a tent camp in the Uimon valley. A special feature of our program is daily hiking, different in terms of difficulty and duration, but they are all done light, without any backpacks!!! During the week-long program you will visit the most interesting and attractive places of Ust-Koksinsky district: the Multinskie Lakes, Krasnaya Mountain, the Bashtalinskie lakes, headwaters of the Big and Small Gromotukha river, Altaika Mountain and a sacred spring with silver water, get acquainted with medicinal herbs of Altai, touch the old believer culture and get acquainted with the heritage of the Roerich family in Verkhniy Uymon. Our camp is located on a huge green area surrounded by birch forest, just 100 meters away from the beautiful Katun river, where you can swim in warm weather. From the northern side you can see the Terektinsky ridge, and from the southern and western ones - the Katun ridge. Come to plunge into the atmosphere of harmony and beauty, to be filled with pure energy of the Altai Mountains, to sit at the evening party under the starry sky, to find new friends and perhaps renewed yourself!

We have created the most comfortable conditions for you:

- tent camp;
- summer cafe with a real Russian stove;
- comfortable toilets and shower cabins;
- fire place for evening get-togethers;
- bathhouse (banya) for 10-12 persons;
- garden houses;
- free Wi-Fi

Daily schedule:

08:00 - 8:45 - morning workout (for those wishing - daily morning yoga from 7:15 till 9:00) or qigong classes by the Katun river

09:00 - breakfast

10:00 - start of itinerary (lunch - picnic on the route)

17:00-19:00 - return from trekking, time for rest

19:00 - dinner

20:00 - evening fire, guitar songs

Trip Description

Type of tourism: hiking

Number of tourists in a group: 5-20 persons

Duration: 8 days

Longevity of active part: car (220 km) + hiking (63 km)

Group is accompanied by: 1-2 guides

Age limit: 0 to 16 years accompanied by adults

Daily itinerary

0 day	Novosibirsk - Ust-Koksa. Departure from Novosibirsk at 20:00. Place of departure - 65, Sovetska-ya str. (local time, difference with Moscow is +4 hours). Departure from Barnaul (Novoaltaysk) at 23:50. Place of departure - restaurant and hotel complex "Oblepikha" (13, Dorozhnaya str., Novoaltaysk, Novoaltaysk city district, Altai Krai). Meal on the way at own expense.	Way of travelling: bus/minibus Distance: 725 km / 540 km Meal: at own expense
1 day	Departure from Gorno-Altaysk (airport) at 10:00-11:00. Arrival at Ust-Koksa. The road passes through the famous Chuya Highway in the rocky ridges of the Altai Mountains, then along the Kansk steppe to the Uimon valley. Arrival at the village of Ust-Koksa. Accommodation in the tourist com-plex. Safety briefing. Radial hike to the hilltop or walk to the conflu-ence of the Koksa and Katun rivers. Dinner. Acquaintance night.	Way of travelling: minibus / on foot Distance: 375 km / 3 km Meal: lunch, dinner in cafe Accommodation: tents

2 day	<p>Climb to Mayak Mountain A fine view opens to the village Ust-Koksa, the Uymon valley, and, in nice weather, beautiful Belukha Mountain.</p>	<p>Way of travelling: on foot Distance: 7 km Meal: breakfast in cafe, lunchbox, dinner in cafe Accommodation: tents</p>
3 day	<p>Tour to Bashtalinskoe Lake The lake is located at an altitude of 2400 m. Hiking to Cedar meadow, which offers a stunning view to beautiful Belukha Mountain. Belukha is the highest peak in Siberia, consisting of Western (4440m) and Eastern Belukha (4506m) separated by a col. Glaciers on its slopes, with a total area of 70 sq km, form the headwaters of the amazingly beautiful and largest mountain river of Altai, the Katun river. In 1995, by the decision of the government of the Republic of Altai, the natural park "Belukha" was created, which is a UNESCO world heritage site. One of the assumptions in Asian traditions, Belukha Mountain is the future Northern Shambhala. This place is associated with the name N. K. Roerich and annually attracts hundreds of admirers of the teachings of the great artist, philosopher and scientist.</p>	<p>Way of travelling: on foot Distance: 16 km Meal: breakfast in cafe, lunchbox, dinner in cafe Accommodation: tents</p>
4 day	<p>Climb to Altaika Mountain and visit museums Climb to the panoramic mountain Altaika, which offers a beautiful view of the Uymon valley. After lunch, an excursion to the village of Verkhny Uymon - one of the oldest villages in the Ust-Koksinsky district. The village was founded by the Old Believers about 300 years ago. In the village there are two museums: Museum of N.K. Roerich and the Museum of the Old Believers.</p>	<p>Way of travelling: car / on foot Distance: 26 km / 7 km Meal: breakfast in cafe, lunchbox, dinner in cafe Accommodation: tents</p>
5 day	<p>Excursion to Krasnaya Mountain (by UAZ or GAZ-66). Breathtaking views of the mountains, alpine meadows, 3 mountain lakes - lower, middle and upper. Lower and middle lakes are connected by a beautiful waterfall. Picnic by the lower lake.</p>	<p>Way of travelling: GAZ-66 (UAZ) / on foot Distance: 30 km / 7 km Meal: breakfast in cafe, lunchbox, dinner in cafe Accommodation: tents</p>
6 day	<p>Ascent along the Multa river to the mountain lakes. Ascent along the river Multa to Lower Multinskoe Lake. On the way there are a lot of mushrooms and berries. Going out to the lake, located at an altitude of 1710 meters. The mirror-like surface of the lake, 2370 meters long and up to 900 meters wide, in quiet weather reflects the clouds floating in the blue sky and the tops of the nearby mountains. Usually, there is grayling in the lake. After lunch tour to Middle Multinskoe Lake.</p>	<p>Way of travelling: GAZ-66 (UAZ) / on foot Distance: 53 km / 7 km Meal: breakfast in cafe, lunch and dinner cooked on fire Accommodation: tents</p>
7 day	<p>Radial hike to a high mountain lake Kuyguk. Near the lake there is a waterfall of the same name (the height of the fall is 25 m). The group can split up here. Tourists can relax and commune with nature on the lake; those who want vivid impressions will take a radial excursion to the Kuykuk glacier (2500 m).</p>	<p>Way of travelling: on foot Distance: 20 km Meal: breakfast, lunch and dinner cooked on fire Accommodation: tents</p>

8 day	<p>Descent from the Multinskie Lakes. Departure to Gorno-Altaysk / Barnaul (Novoaltaysk) / Novosibirsk.</p> <p>Departure to Novosibirsk / Barnaul (Novoaltaysk) at 17:30. In the morning returning equipment and free time. After lunch tour to the village of Verkhniy Uymon, one of the oldest villages of Ust-Koksinsky district. The village was founded by old believers about 300 years ago. There are two museums in the village: the Museum of Local History named after N.K. Roerich and the Museum of Old Belief. After tour departure to Novosibirsk/Barnaul (Novoaltaysk) at 17:00 (local time, the difference with Moscow +4 hours).</p>	<p>Way of travelling: on foot / car Distance: 13 km / 56 km / 375 km / 540 km / 725 km Meal: breakfast cooked on fire, lunch in cafe, dinner on the way at own expense Accommodation: tents</p>
9 day	<p>Arrival in Gorno-Altaysk (03:00) Barnaul (Novoaltaysk) / Novosibirsk.</p> <p>Approximate time of arrival in Barnaul (Novoaltaysk) - 07:00 (local time, the difference with Moscow +4 hours), Novosibirsk - 10:00 (local time, the difference with Moscow +4 hours).</p>	

Dates & Prices

13-06-2021 - 20-06-2021, days total: 8, price: 24 000
 20-06-2021 - 27-06-2021, days total: 8, price: 24 000
 27-06-2021 - 04-07-2021, days total: 8, price: 24 000
 04-07-2021 - 11-07-2021, days total: 8, price: 24 000
 11-07-2021 - 18-07-2021, days total: 8, price: 24 000
 18-07-2021 - 25-07-2021, days total: 8, price: 24 000
 25-07-2021 - 01-08-2021, days total: 8, price: 24 000
 01-08-2021 - 08-08-2021, days total: 8, price: 24 000
 08-08-2021 - 15-08-2021, days total: 8, price: 24 000
 15-08-2021 - 22-08-2021, days total: 8, price: 24 000
 22-08-2021 - 29-08-2021, days total: 8, price: 24 000

Transfer to Ust-Koksa:

Gorno-Altaysk - Ust-Koksa - Gorno-Altaysk - 5000 rub.
 Novosibirsk - Ust-Koksa - Novosibirsk - 7000 rub.
 Barnaul (Novoaltaysk) - Ust-Koksa - Barnaul (Novoaltaysk) - 6600 rub.

You can come by your own car. There is a free secured parking.

Living conditions:

ECONOM	double tents, travel mats, sleeping bags, sleeping bag liners
STANDARD	3-bed rooms with shared facilities in the eco-hotel Altair, bed linens, pillow, blanket (5 days) + 2 days in tents on the lower Multinskoye Lake.
COMFORT	2-bed rooms with private facilities in a room in the eco-hotel Altair, bed linens, pillow, blanket (5 days) + 2 days in tents on the lower Multinskoye Lake.

Price:

Type of accommodation	(8 days/7 nights), RUB per person	1 night (accommodation less than 7 days), RUB per person
ECONOM	24000	3000

STANDARD	28000	-
COMFORT	31500	-

what to pack

Take with you

- warm jacket
- waterproof clothing (raincoat, jacket, pants)
- trekking boots
- high boots (preferably made of polyurethane foam)
- trekking poles (it is possible to rent in the tourist complex before the itinerary start)
- sneakers and flip-flops (light slippers)
- ground pad (karrimat)
- warm tracksuit and warm cap
- cotton gloves
- t-shirts 2-3 pcs.
- shorts
- wool socks 2 pairs
- 3-4 pairs of thin socks
- sun hat
- sunglasses and sunscreen
- swimsuit / swimming trunks
- lantern
- folding knife
- matches
- small battery
- personal set of dishes
- personal care items
- medicines: corn plasters, bandage, elastic bandage, iodine, painkillers, cold

included

Tour price includes:

- 3 meals a day (except meals on the way)
- program service
- guide services
- group and individual tourist equipment: tents, sleeping bags, mats, backpacks, campfire equipment, medical kit
- accommodation in the tent camp
- excursion to the village of Verkhny Uymon (6th day)
- entrance tickets to the Museum of Old Believers and the Roerichs Family Museum
- all transfers according to the program
- border permit
- visa invitation

Tour price does not include:

- meal on the way to Ust-Koksa
- medical insurance
- bathhouse (banya)
- shower - 100 RUB
- transfer to Ust-Koksa
- Novosibirsk - Ust-Koksa - Novosibirsk - 6000 rubles
- Barnaul - Ust-Koksa - Barnaul - 5800 rubles
- Gorno-Altai - Ust-Koksa - Gorno-Altai - 4200 rubles

Additionally, during free time you can order:

- rafting on the Katun or Koksa rivers
- Apihouse (unique wellness procedure - sleep on bees)



АЛТАИР-ТУР

- message

